

THETA MEDITATION

Creating a theta meditation is a 3 part process. You begin by bringing your client into a trance like state by lowering the brain wave activity to a theta state (Induction). You will then take them on a visualization journey you have created for them (Intention), and finish with arousal to bring them back out of the theta brain state.

During Induction:

Focusing on the breath. This brings awareness to the body, calms the nervous systems and begins to signal the brain its time to relax.

Deepening Technique: You will cue your client to intentionally relax and soften the muscles of the body from one end to the other. We often don't notice the tension the hold with body parts until we focus in on it.

****** The purpose of this part is to bring your client into lower states of consciousness so the conscious mind softens and gives access to the subconscious mind where the beliefs, values, conditioning, old stories and disempowering limits are living.

This will take roughly 3-4 minutes, sometimes longer. You can start with some breathwork or 3 minutes of a kriya to drop your clients INTO their body and out of their mind before this part to really make this effective.

During Visualization:

Visualization: Once your client is fully relaxed, you can begin your suggestions or journeying if doing timeline work. Remember, the subconscious is highly metaphorical and symbolic, so the use of storytelling is very helpful.

This is where it is important for you to know what your intention is for the session. You want to ensure you are gently taking your client's mind to memories, symbols, insight, guidance, or root stories can come to the surface. You may also use mantras, affirmations or visuals to evoke those positive thoughts.

****NOTE:** not all people are "visual" - the subconscious can speak many languages such as signs, symbols, sensations and more...so remind your client that however it shows up for them is perfect.

During Arousal:

When you are ready to complete your session:

Gather up final bits of information, insight, guidance and surroundings.

Slowly suggest the visuals fade into the background, bringing the client slowly out of the depths of the subconscious mind and back into their body. I also like to count backwards from 10 to gently bring them into heightened awareness.

Bring awareness to their physical body as it's waking them back up through their fingers and toes. Let them take their time.

Once they open their eyes, I offer them to share their insights with me or grab their journal while the thoughts are fresh.

INDUCTION SCRIPT:

****Remember - this is just an example. Feel free to create your own using this as inspiration.**

(This is just an example, please feel free to create your own)

Let's get comfy and taking in some long, deep cleansing breaths.

In through the nose, out through the mouth.

Fluttering your eyes closed and softening the shoulders.

Inhaling the breath, exhaling any worries or tension from the day away, just letting go of any energy that might be feeling stuck or stagnant.

With each breath, allowing any tension to melt away.

Allowing this deep feeling of relaxation to wash over you.

Feel your head beginning to relax, all the tiny muscles around your eyes, your mouth

Softening the muscles your face, removing the tongue from the roof of the mouth if thats where it lays.

Your jaw becoming loose and relaxed.

Feeling the warm sense of calm washing over your neck and shoulders, As the shoulders drop and loosen even more now...

Your arms begin to feel heavy and relaxed.

Notice your breathing getting deeper one as your becoming more and more relaxed.

Your chest and belly is loose and relaxed.

Your hips softening and relaxing.

Your thighs become heavy and relaxed, almost as if the muscles are melting right off the bone.

Your feet become heavy and relaxed.

Everyone experiences relaxation differently, some feel as though they are floating on a cloud completely weightless, and some experience this relaxation as melting heavily right into the floor or mat beneath you. However you experience this deep relaxation is absolutely perfect.

DEEPENER:

As you slip deeper and deeper into this sense of calm relaxation, you notice a staircase in front of you.

It is leading down to the most beautiful, sacred space.

You feel instinctively drawn to it.

Knowing that as you move further down each step

You will become even more relaxed and peaceful.

Feeling your feet touching step 10

Hearing your feet now landing on step 9

Seeing your feet moving down to step 8

Stepping down now to step 7

Moving to step 6

And now on to step 5

Noticing your feet touching step 4

Feeling so relaxed on step 3

The peaceful calm washing over you even more on step 2

And fully relaxed stepping down onto step 1

You see before you a large, ornate door

You sense a wave of calm arise, even amidst the mystery

You know that what lies behind this door is meant for you

You step forward, and open the door.

PART 2 - Visualization

Utilize Storytelling In Your Sessions

Before we move into the fun part of your theta meditation (the actual journeying part), let's talk a little bit about using your storytelling abilities and using your intuition inside of your sessions.

We totally get it, a script can be extremely handy when you're unfamiliar with a technique or don't feel confident or comfortable creating a script from scratch, and we know that with some practice you'll amplify your confidence and competence in creating your very own magical script.

Storytelling is a key component to creating whimsical visual experiences and potent results in your sessions. It is a powerful tool to help you facilitate potent sessions with your clients through evoking all of their senses.

Visceral storytelling can transport your client regardless of their Primary Internal Representational System (visual, kinesthetic, auditory, or auditory digital) when you guide them to tap into all of their senses!

In the table below we have given some examples you can use to amplify your storytelling inside of your sessions.

Elements (Evocation)	Visuals (what they see)	Kinesthetics (internal and external feelings/sensation)	Auditory (what they hear)	Gustatory + Olfactory (what they smell or taste)
To evoke a sense of wonder or mystery	Fireflies, a misty meadow or forest cloaked in fog	Anticipation, butterflies, goosebumps or body tingles	Rustling in the trees, bubbling brook, owls sharing secrets in their calls	Smell the grass fresh with new rain or smoky cedar

To evoke a sense of peace	Forest, grassy clearing/meadow, calm body of water, on/in the clouds	Relaxation, deep breathing, coziness, calm, barefoot against the forest floor	Birds singing softly, gentle breeze, soothing rain, waves or water lapping, leaves rustling in the wind	Taste warm cinnamon buns or smell lavender infused pillow
To evoke a sense of inspiration or confidence	Shimmering crystal castle, field of flowers in full bloom, cliffside overlooking the expansive ocean	Activated, fired up, standing tall/feeling their spine lengthen, exhilaration	Internal dialogue: words of encouragement and affirmation, ocean waves, upbeat music	Crisp invigorating smell of salt water, refreshing taste of ice-cold lemonade with a pinch of spicy cayenne

Of course, this is in no way an exhaustive list of examples, just a few to get you thinking and those creative juices flowing.

EXAMPLE

As you find yourself floating...

Blissfully...

Relaxed...

Peaceful...

On the softest, puffiest cloud...

You find yourself relaxing even deeper

As the sensation of the gentle movement of the cloud

Draws you deeper into tranquility...

Notice the sensations in your body...

Notice the feeling of your body...

Feel the comfort of the cloud beneath you...

Enjoy the feeling of the warm, gentle breeze against your skin...

Your intuition is another key player you can call on during your sessions that can help you tap into creating an amazing experience for your clients.

Often, we rely on our logical mind to help guide us to the answer and forget just how powerful our intuition actually is!

So we invite you to tap into your intuition, to notice when that feeling of knowing arises, and while maybe you can't logically explain it, you decide to fully trust it

Some clients have rich, fertile imaginations and can create a visualization or sensory experience in their mind very easily, while other clients may need a little extra encouragement during sessions so we invite you to play with sensory words and phrases to build that storytelling muscle.

REMEMBER....

When creating a theta meditation, you want to have the “outcome feeling”, “the lesson” or the “healing” in mind. – For instance, if you are creating a heart opening meditation, you will do you induction then take your client gently on a journey into their heart space, helping them imagining it opening up (visuals, colors, textures, feelings, sensations, etc) then gathering lessons or experiencing some type of new wisdom.

ONCE you've complete your journey and gathered the lessons, the next step is to do your AROUSAL.

PART 3: AROUSAL

I am going to count backwards now, from 10-1

10...

9...

8...

Letting any feelings or visuals fade into the background

7...

6...

5...

Slowly, gently, with ease and calm coming back into your body

4...

3...

2...

Wiggling your fingers and toes

1....

Whenever you are ready, open your eyes

Reflection:

Allow your client to take their time coming back into the room and settling back into this reality.

Ask your client what they felt the highlights of the session were.

If they need a little help, you can share what you wrote down in your notes during the session.

PAST LIFE REGRESSION PROTOCOL

Suggestion, Regression + Progression Protocol

What is the difference between Suggestion, Regression and Progression Hypnosis?

Suggestion Theta Meditation is when we are implementing the use of embedded commands or suggestions to our client's unconscious mind to help them create or move towards a particular goal or outcome. Your client will most likely be in Light Theta state of consciousness during this type of session.

Regression Meditation/Hypnosis is when we are providing limited imagery or suggestions and allowing the client to tap into a Past Life experience or a long forgotten memory from this lifetime in order to seek out a potential root cause for something challenging them in this lifetime or to create healing and wholeness within themselves by uncovering more of their innate wisdom and strength. Your client will most likely be in Theta state of consciousness during this type of session.

Progression Meditation/Hypnosis is when we are providing limited imagery or suggestions and allowing the client to tap into a future time in this lifetime OR a future lifetime incarnation to allow them to witness what might take place. This type of theta meditation can be similar to placing a goal in the

the timeline like you learned with Timeline Therapy with the exception that we are not painting the full picture but rather allowing our client to trust the vision that arises for them. Your client will most likely be in Deep Alpha state of consciousness during this type of session.

You might be thinking that Regression + Progression Hypnosis sounds similar to guided meditation, and you would be correct! They are similar in that we are providing some guided imagery or suggestion, the difference is that we will be asking questions throughout the session. We might be asking therapeutic questions for healing purposes during a Regression session or we might be asking for descriptors in a Progression session for specificity purposes.

⚠️ DISCLAIMER : Not everyone will be willing to move through a Regression session. They may consciously desire to do this but it may not be congruent with the subconscious, so just know that this is a possibility (as with all other hypnosis sessions) and that you can work towards congruence, if that is their choice, in order for them to be able to experience a Regression session.

Regression Theta Experience (PAST LIFE REGRESSION)

Let's play with the magic that is a Regression Session!

During this session, you will work with your client to explore *either* a Past Life **or** long forgotten memory from this lifetime (this is Age Regression) in order to seek out a potential root cause for something challenging them in this lifetime or to create healing and wholeness within themselves by uncovering more of their innate wisdom and strength.

Regression Therapy is such a powerful tool to help your client sink into past lifetimes or memories from this lifetime because it allows your client to tap into their own innate knowledge and wisdom locked in their DNA.

In other words: you are the guide, THEY are the key and you're helping them to remember that.

Part ONE - The Set-Up

It's always important to know what specific outcome your client desires for their Regression session.

You can have your client fill out a form prior to the session or have them send a voice note with details. The more specific, the better, as this will help clarify the intention for your client as well as assist them to tap into memories from Past Lifetimes that are most relevant to their intention.

You may also already have an idea of where you want to go in this session based on your client intake form (which you have already talked about kriya recommendations + you are now digging into the root cause)

You will also want to mention in the Set-Up that you will be moving your client through scenes from the end of their Past Life and that they can receive a tremendous amount of healing from this experience, whether they take part in the memory or from a Dissociated View in their Sacred Space.



NOTE: You will notice there are times during the session where you will be asking your client to describe the scene/event taking place, the importance of this is so that you have an

understanding of where they are and can guide them further into the experience to collect the learnings from the event and also to move them to other scenes of significance.

Remember: You will want to be taking notes through this session to reflect on with your client at the end, so be sure to write the intention down and anything else that's important and relevant for the client's healing and transformation.

STEP 2: INDUCTION

(This is just an example, please feel free to create your own)

*Let's get comfy and taking in some long, deep cleansing breaths.
In through the nose, out through the mouth.
Fluttering your eyes closed and softening the shoulders.*

Inhaling the breath, exhaling any worries or tension from the day away, just letting go of any energy that might be feeling stuck or stagnant.

*With each breath, allowing any tension to melt away.
Allowing this deep feeling of relaxation to wash over you.*

*Feel your head beginning to relax, all the tiny muscles around your eyes, your mouth
Softening the muscles your face, removing the tongue from the roof of the mouth if that's where it lays.
Your jaw becoming loose and relaxed.*

*Feeling the warm sense of calm washing over your neck and shoulders, As the shoulders drop and loosen even more now...
Your arms begin to feel heavy and relaxed.*

Notice your breathing getting deeper one as your becoming more and more relaxed.

*Your chest and belly is loose and relaxed.
Your hips softening and relaxing.
Your thighs become heavy and relaxed, almost as if the muscles are melting right off the bone.
Your feet become heavy and relaxed.*

Everyone experiences relaxation differently, some feel as though they are floating on a cloud completely weightless, and some experience this relaxation as melting heavily right into the floor or mat beneath you. However you experience this deep relaxation is absolutely perfect.

DEEPENER:

As as you slip deeper and deeper into this sense of calm relaxation, you notice a staircase in front of you.

It is leading down to the most beautiful, sacred space.

You feel instinctively drawn to it.

Knowing that as you move further down each step

You will become even more relaxed and peaceful.

Feeling your feet touching step 10

Hearing your feet now landing on step 9

Seeing your feet moving down to step 8

Stepping down now to step 7

Moving to step 6

*And now on to step 5
Noticing your feet touching step 4
Feeling so relaxed on step 3
The peaceful calm washing over you even more on step 2
And fully relaxed stepping down onto step 1*

*You see before you a large, ornate door
You sense a wave of calm arise, even amidst the mystery
You know that what lies behind this door is meant for you
You step forward, and open the door.*

SAFE SPACE:

*Fresh air brushes against you as the door opens
You realize this is your perfect Sacred Space
Looking around now, you take in the sights
Notice any sounds
Is there anything you smell or taste?
As you move further into your Sacred Space
You feel the relaxation and calm completely wash over you
You are safe
You are held
You can return here, undisturbed, any time you desire.*

VISUALIZATION:

*Looking around, you see another large ornate door
It calls to you
You walk over
And open the door
Stepping through, you notice that you're in a long, beautiful corridor with doors lining either side
You begin to walk forward noticing the detail of each door
Knowing that behind one of them, lies the Past Life event that you seek
Gently, with ease and calm
You walk the hall until you reach the door you know you must open
Behind this door is the wisdom that will guide you forward.
When you're ready, approach the door that will unlock the answers you seek and open it.*

Give me a nod when you have opened that door.

STEP 3: PAST LIFE REGRESSION SCRIPT

Guide your client to the first significant scene/event.

Once your client has given you an indication that they are at the door or have opened it, you will begin exploring the scenes.

Ask...

- *What can you tell me about where you are right now?*
- *How old are you in this scene?*
- *Are you aware of what year or time period you are in?*
- *Do you have a sense of what your name could be?*
- *Can you tell where you are located geographically?*
- *Are you in the scene alone or is someone there with you?*
- *What do you see/hear/feel/smell/taste OR are you experiencing any sensations right now?*

- *If it feels ok to do so, can you describe the sensations that are there in more detail?.*

****REMEMBER to track all of their responses and don't be afraid to ask more inquisitive questions to get a great idea of what they are seeing/experiencing.**

After spending a few moments familiarizing yourselves with the scene, ask your client...is there anything important to you about this scene?

Is there anything important to you or significant to you about this scene?

If not, feel free to move forward into the next scene. If so, allow them to express the importance and once they have done this, ask them if they are ready to move on (refrain from using the word "forward" since it is possible they might want to move backwards in time to a scene of significance).

Are you ready to move on now?

Guide your client to the next significant scene/event (repeat these steps through 3-4 significant events)

I am going to count from 1-3, and as I do, you will move towards the next significant scene in that lifetime...

1...

2...

Moving towards that next significant scene in time

3...

Finding yourself arriving in that scene

Now.

Ask...

- *What can you tell me about where you are right now?*
- *How old are you in this scene?*
- *Are you in the scene alone or is someone there with you?*
- *What do you see/hear/feel/smell/taste OR are you experiencing any sensations right now?*
- *If it feels ok to do so, can you describe the sensations that are there in more detail?*

After spending a few moments familiarizing yourselves with the scene, ask your client...

Is there anything important to you or significant to you about this scene?

If not, feel free to move forward into the next scene. If so, allow them to express the importance and once they have done this, ask them if they are ready to move on (refrain from using the word "forward" since it is possible they might want to move backwards in time to a scene of significance).

Are you ready to move on now?

Explore the specific event that is tied to their intention (if applicable).

(If you are not exploring a specific issue with your client, you can skip this step)



NOTE: If you are working with your client to resolve the issue of jealousy, for example, you would want to then direct them towards the significant event to understand where the issue of jealousy is coming from.

You would say...

I'm going to count from 1-3 now and we are going to move to the scene that is going to help us understand where this issue of jealousy has come from.

1...

Moving towards the scene

2...

Approaching the scene

3....

Arriving at the scene now.

Ask...

- *What can you tell me about where you are right now?*
- *How old are you in this scene?*
- *Are you in the scene alone or is someone there with you?*
- *What do you see/hear/feel/smell/taste OR are you experiencing any sensations right now?*
- *If it feels ok to do so, can you describe the sensations that are there in more detail?*

After spending a few moments familiarizing yourselves with the scene, ask your client...

Is there anything important to you or significant to you about this scene?

If not, feel free to move forward into the next scene. If so, allow them to express the importance and once they have done this, ask them if they are ready to move on (refrain from using the word “forward” since it is possible they might want to move backwards in time to a scene of significance).

Are you ready to move on now?

The next step is moving them through their final moment in that past lifetime and the moment after that.



DISCLAIMER: Exploring the final moments in your client's past lifetime can bring about intense emotions, so be prepared for this to happen. Allowing your client to feel their feelings, and express them as they're happening.

This can also be a time where they want to retreat back to their Safe, Sacred Space so they can view the final moments from a distance (think of this like Dissociated Viewing, or Remote Viewing) while still integrating the learning and experience.

Exploring these moments is important because it creates a sense of completion and the client feels more able to heal and integrate any important wisdom they receive from the session.

Be sure to remind them if at any time it feels too much, too fast, too intense, or unaligned, you can always pause or stop altogether.

EXPLORING THE END OF A PAST LIFE

In just a moment, I will count from 1-3 and we will be in your final moments of the lifetime...

1...

Moving towards the scene

2...

Approaching the scene

3....

Arriving at the scene now.

ASK...

- *What can you tell me about where you are right now?*
- *How old are you in this scene?*
- *Are you in the scene alone or is someone there with you?*
- *What do you see/hear/feel/smell/taste OR are you experiencing any sensations right now?*
- *If it feels ok to do so, can you describe the sensations that are there in more detail?*

Spend a few moments here, allowing the client to express any feelings or sensations or emotions arising.

Now let's explore the few moments after the transition of that lifetime...

1....

2....

Moving through that time

3...

Finding yourself in the moments after the transitioning of that lifetime...

ASK...

- *Where are you in relation to your body?*
- *Are there any souls from that lifetime that you would recognize in your current life today?*
- *They may not look the same in this current life as they did in the past lifetime, but can you recognize their soul or energy?*
- *What were your thoughts and feelings at the end of that lifetime?*
- *Are there any contracts or agreements that were made in that past lifetime that you have carried over into your current life?*
- *Is there any residual energy that you feel is affecting your current life today?*
- *If yes, where are you holding that energy or how is it affecting you now?*
- *If it feels ok to do so, please describe it further.*

Take a deep breath in...and out...and repeat...

Imagine a healing light enveloping the area where you are holding the residual energy...allowing it to cleanse, heal, and transmute now.

Take a moment to notice and appreciate the shift.

- *What gifts from that past lifetime can you bring into your current life today?*
- *What else do you need to do to heal and release that lifetime, or do you now feel complete?*
 - *If Incomplete: Go ahead and do whatever you feel is important to do in order to feel complete.*
 - *If Complete: Take a few deep breaths in and out and notice how it feels to have shifted the energy and relation to that lifetime.*

STEP 4 - AROUSAL

I am going to count backwards now, from 10-1

10...

9...

8...

Letting any feelings or visuals fade into the background

7...

6...

5...

Slowly, gently, with ease and calm coming back into your body

4...

3...

2...

Wiggling your fingers and toes

1....

Whenever you are ready, open your eyes

Progression Session

Similar to a Timeline Journey, you will be guiding your client to either a future event in this lifetime or to a future life in a completely different lifetime!

This technique is incredibly helpful for your clients who might feel stuck making a decision—you would guide them through this technique so they could see potential outcomes they may create.

Your clients who are interested in discovering details and wisdom from alternate or future lives will also find this technique powerful!

This technique is potent because it helps your client to advocate for themselves and their decisions—they'll be able to get a view of what is possible for them by allowing them to see what can play out when they make different choices.

When your client feels like they can advocate for themselves and their decisions, it creates further self trust!



NOTE: You will want to encourage your client to remain the Observer as you move through the session. For some clients they will sense things more than visualize them, so in the instance that your client is more visual, you will want to guide them to see the scene as though they are watching the scene like a movie or floating on a sparkly cloud inside of the scene. Remaining objective will also help your client remain in a generally neutral space and be able to see the scenes from multiple or different perspectives.

If your client is more kinesthetic, you can guide them to sense/view the scene or event from their Sacred (Safe) Space if that feels more aligned for them.

INDUCTION:

Let's get comfy and taking in some long, deep cleansing breaths.

In through the nose, out through the mouth.

Fluttering your eyes closed and softening the shoulders.

Inhaling the breath, exhaling any worries or tension from the day away, just letting go of any energy that might be feeling stuck or stagnant.

With each breath, allowing any tension to melt away.

Allowing this deep feeling of relaxation to wash over you.

Feel your head beginning to relax, all the tiny muscles around your eyes, your mouth

Softening the muscles your face, removing the tongue from the roof of the mouth if thats where it lays.

Your jaw becoming loose and relaxed.

Feeling the warm sense of calm washing over your neck and shoulders, As the shoulders drop and loosen even more now...

Your arms begin to feel heavy and relaxed.

Notice your breathing getting deeper one as your becoming more and more relaxed.

Your chest and belly is loose and relaxed.

Your hips softening and relaxing.

Your thighs become heavy and relaxed, almost as if the muscles are melting right off the bone.

Your feet become heavy and relaxed.

Everyone experiences relaxation differently, some feel as though they are floating on a cloud completely weightless, and some experience this relaxation as melting heavily right into the floor or mat beneath you. However you experience this deep relaxation is absolutely perfect.

DEEPENER:

As you slip deeper and deeper into this sense of calm relaxation, you notice a staircase in front of you.

It is leading down to the most beautiful, sacred space.

You feel instinctively drawn to it.

Knowing that as you move further down each step

You will become even more relaxed and peaceful.

Feeling your feet touching step 10

Hearing your feet now landing on step 9

Seeing your feet moving down to step 8

Stepping down now to step 7

Moving to step 6

And now on to step 5

Noticing your feet touching step 4

Feeling so relaxed on step 3

The peaceful calm washing over you even more on step 2

And fully relaxed stepping down onto step 1

*You see before you a large, ornate door
You sense a wave of calm arise, even amidst the mystery
You know that what lies behind this door is meant for you
You step forward, and open the door.*

SAFE SPACE:

*Fresh air brushes against you as the door opens
You realize this is your perfect Sacred Space
Looking around now, you take in the sights
Notice any sounds
Is there anything you smell or taste?
As you move further into your Sacred Space
You feel the relaxation and calm completely wash over you
You are safe
You are held
You can return here, undisturbed, any time you desire.*

FUTURE OUTCOME IN CURRENT TIMELINE:

Now, as you begin to relax even deeper with every breath, letting go, trusting the process...

We are going to move to a significant scene in your future 10 years from now...(if they have given you a specific time in the future, you would use that time frame instead of 10 years)

I'm going to count from 1-3 and you will be transported to that scene...

1...

2...

Moving towards that significant scene

3...

Finding yourself arriving in that scene

Now.

ASK...

- *What can you tell me about where you are right now?*
- *Are you in the scene alone or is someone there with you?*
- *What do you see/hear/feel/smell/taste OR are you experiencing any sensations right now?*
- *If it feels ok to do so, can you describe the sensations that are there in more detail?*

After spending a few moments familiarizing yourselves with the scene, ask your client...

Is there anything important to you or significant to you about this scene?

If not, feel free to move forward into the next scene. If so, allow them to express the importance and once they have done this, ask them if they are ready to move on.

Are you ready to move on?

Guide your client to the next significant scene/event (repeat these steps through 3-4 significant events), gathering any learnings along the way.

Now, we are going to move to a significant scene in your future 20 years from now...(if they have given you a specific time in the future, you would use that time frame instead of 20 years)

I'm going to count from 1-3 and you will be transported to that scene...

1...

2...

Moving towards that significant scene

3...

Finding yourself arriving in that scene

Now.

ASK....

- *What can you tell me about where you are right now?*
- *Are you in the scene alone or is someone there with you?*
- *What do you see/hear/feel/smell/taste OR are you experiencing any sensations right now?*
- *If it feels ok to do so, can you describe the sensations that are there in more detail?*

After spending a few moments familiarizing yourselves with the scene, ask your client...

Is there anything important to you or significant to you about this scene?

If not, feel free to move forward into the next scene. If so, allow them to express the importance and once they have done this, ask them if they are ready to move on.

Are you ready to move on?

Locking in the Outcome

This step is optional. If your client simply wants to explore different outcomes with no attachment to anything, you can skip this step and move to step 7.

If your client desires to use this technique to ground into their kinesthetics and use this data to assist them in making a decision you will want to guide them through this process.

Now, as you collect the remaining wisdom and knowledge from these scenes...

I invite you to, if it feels aligned and right for you to do so, anchor in this wisdom...

Anchor in the supportive and beneficial sensations...

Locking in the wisdom you have gained now...

Locking in the supportive and beneficial sensations now...

Armed with the knowledge you can tap into at any moment...

Any place in time...

Holding firm in your belief and trust in yourself

Watching ripples take place as events and outcomes adjust

To all that you are making room for and calling in now.

AROUSAL

I am going to count backwards now, from 10-1

10...

9...

8...

Letting any feelings or visuals fade into the background

7...

6...

5...

Slowly, gently, with ease and calm coming back into your body

4...

3...

2...

Wiggling your fingers and toes

1....

Whenever you are ready, open your eyes

REFLECTION

Allow your client to take their time coming back into the room and settling back into this reality.

Ask your client what they felt the highlights of the session were.

If they need a little help, you can share what you wrote down in your notes during the session.

This will also be the time where you get a sense of whether or not there needs to be further exploration into other lifetimes or if they feel complete with this session.